

## Fasting

March



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Fasts have a tendency to be oriented toward giving up things like M&Ms or TV but there are other ways to fast. Here are a few suggestions that some of us could practice during Lent and maybe continue during 😊 the rest of the year .

1. Fast from discouragement.
2. Fast from complaining.
3. Fast from anger and hatred.
4. Fast from resentment and bitterness—Forgive!
5. Fast from judging others.
6. Fast from spending too much money—try to reduce your spending by 10% and increase your giving by 10% to those in need.

A few other ideas for Lent:

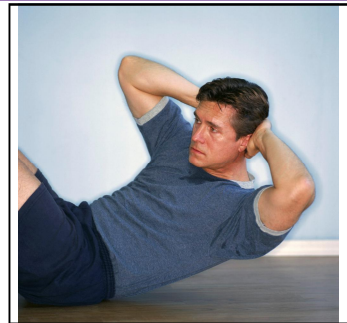
1. Spend extra time for personal prayers.
2. Perform random acts of kindness.
3. Send a card, email, letter or call a friend.
4. Visit someone who is homebound.

### Exercise Classes

Get Fit - Tuesday & Thursday  
8:45-9:30am

Theraband - Tuesdays & Thursdays  
9:30-10:30 am

Basic Pilates - Tuesday 4-5pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?